HINTS FOR THE LONG WALK

SURVIVE THE WALK

HINT BOOK - LONG WALK

Hint 1. Have a plan.

Hint 2. Tell yourself “I’m going to win this”.

Hint 3. Do not, repeat, do not wear sneakers. Nothing will give you blisters faster than sneakers on The Long Walk.

Hint 4. Be positive.

Hint 5. Be confident.

Hint 6. Slow and easy does it. Conserve wind.

Hint 7. If you get tired, you just adjust. Adjustment is the key.

Hint 8. It is very important to concentrate on calmness at the beginning, so you can focus.

Hint 9. Have a sense of humor.

Hint 10. Save your wind. If you smoke ordinarily, try not to smoke on The Long Walk.

Hint 11. Stay hydrated. Avoid drinking alcohol a week before The Long Walk. It can dehydrate you.

Hint 12. Wear white socks.

Hint 13. Conserve energy whenever possible.

Hint 14. Bring a watch with a timer. When you get a warning, start the timer so you know when a hour has passed, and your warning is removed.

Hint 15. Wear a light packsack.

Hint 16. Things to bring in your packsack: Comfort food (cookies, jelly sandwich, olives, macaroons), Toilet Paper, Toothbrush, Raw hamburger is good fast energy, Vinyl rainhat, Notebook and pen to take notes for the book you will write. Transistor radio sealed in plastic bag, to get weather report, and other news and music, Batteries for transistor radio, Fresh shirt wind-breaker or light-weight jacket that can fold up. Dimes to play

trading-dimes game to pass the time, Spare clothing or light weight shoes.

Hint 17. Wear light-weight high quality hiking boots. Avoid the big heavy Oxford boots. If you buy for too much distance, you gain too much weight.

Hint 18. Make sure your clothing fits properly.

Hint 19. Wear a belt. You may lose weight on The Long Walk, so your pants may start to drop, so wear a belt to keep them in place.

Hint 20. Synthetics may cause hives or rashes.

Hint 21. Wear the same shoes and clothing you intend to wear for 24 hours per day for 5 days.

Hint 22. Do not lead the pack. This is not a race. Leading the pack is not an advantage. You will burn out early if you lead the pack.

Hint 23. Be prepared but don't carry too much. Your packsack should not be too heavy. You will need to wear it for many days.

Hint 24. Consult your doctor on how to preventor deal with things like muscle cramps, nosebleeds, fainting, seizures, etc.

Hint 25. Wiggle your toes once every hour to help with circulation.

Hint 26. Transistor radios are allowed. Wrap in plastic bag.

Hint 27. Since contact with spectators is allowed, meet with friends, family and/or trainer, every 3 or 4 hours whenever allowed, for a 90 second massage and stretch. Make sure you have no warnings before you start your pit-stop.

Hint 28. Break in your hiking-boots to reduce chance of blisters and increase comfort.

Hint 29. Bring a second pair of light-weight shoes in case the first pair fails for any reason or is giving you blisters. Sneakers or moccasins are recommended. Tie them firmly so they don't rub, but not too tight, to avoid cutting off circulation.

Hint 30. If your shoes are giving you blisters even when properly tied, remove them. Better to walk in your socks or bare feet.

Hint 31. If one shoe loses a heel, remove both shoes. It takes more energy to walk when you are off balance.

Hint 32. Do not wear cotton socks. They hold moisture close to your skin and accelerate the blister process. Pick socks that fit snugly without wrinkles or annoying seams. Then find what feels best for you thickness-wise and experiment with wearing a thin, sweat-wicking synthetic sock under a thicker wool layer. You can also try blister-resistant socks.

Hint 33. Buy supportive insoles to help keep your foot from sliding around inside your boot.

Hint. 34. Focus on the good things in life. Smell the fresh air. Enjoy the sunset and sunrise. Listen to the sounds of nature. The wind through the trees birds-chirping and the crickets. Enjoy the beauty of clouds and green trees. Listen to the sound of the stream. Observe the beauty in nature. Wave and smile to the crowd and enjoy your fame. Enjoy each mouthful of food as you eat. Tell jokes. Laugh.

Hint 35. Pain is a mindset. You can choose to ignore pain. Learn to accept the pain.

Hint 36. Wrap food in tinfoil to keep dry.

Hint 37. when dozing, be sure not to walk off the road and get a ticket. Try to follow the center-line.

Hint 38. Avoid the temptation of making out with pretty-girl spectators. It can lead to deadly cramps.

Hint 39. Find comfort in your religion. Pray. Ask your God for strength and guidance. Many walkers find the Hail Mary chant comforting.

Hint AO. Practice walking bare footed on the road just in case it comes to that.

Hint 41. Wear breathable clothing that dries quickly.

Hint 42. Ration your food to last all day, through the night to the next morning. You may need energy if there is a steep hill.

Hint 43. You may share your food with other walkers, but keep in mind, this may make it harder for you to win.

Hint 44. You may aid other walkers, but keep in mind, this may make it harder for you to win.

Hint 45. Making friends may make it difficult later when you have to walk your friend to death.

Hint 46. On the other hand, friends may help to win.

Hint 47. You may ask for a newer water canteen at any time. Simply yell using your number "New canteen for 13. 13 needs a new canteen".

Hint 48. If you feel hot or faint, pour your water canteen over your head.

Hint 49. Practice moving your bowels quickly while squatting with your pants around your ankles.

Hint 50. If you get diarrhea and get 3 warnings from squatting, then try dropping your trousers above your knees to release your bowels while maintaining 4+ mph.

Hint 51 Urinate and defecate off to the side of the road. Nobody wants to walk through your feces and urine.

Hint 52. Try to walk off all warnings before defecating.

Hint 55. Practice urinating while walking 4+ mph. It is easier to walk forward while urinating.

Hint 54. Stop for 60 to 90 seconds every 4 hours to rest, stretch, and massage your muscles. See section on stretches and self-muscle massages.

Hint 55. Pair up with a friend to take turns to give each other muscle massages every 4 hours, for 60 to 90 seconds, once you both have no warnings.

Hint 56. If you have your third warning, keep an eye on the soldiers. If they raise their guns in your direction it means your pace is under 4mp. The soldier(s) will place the index finger on the trigger at 20 seconds. The soldier(s) will remove the safety catch at 10 seconds.

Hint 57. Use your watch's stopwatch to track your own time when you get a warning, so you know how close you are to a new warning or ticket.

Hint 58. Do not try to escape at any time. It does not matter if it's dark, raining, snowing, hailing etc„ the soldiers use infrared sweep scopes, high-intensity microphones, and other monitoring gear, to easily track all walkers in all situations.

Hint 59. Wear a sweater, light jacket or wind breaker, preferably waterproof. The nights can be cold.

Hint 60. Psychological warfare is allowed. See section on Psy War. You are allowed to say anything to anyone.

Hint 61. Psy War Fake it until you make it. Appear strong. Don't limp. Look conf dent. Don't admit to being in pain. If they feel like they can walk to Virginia, say that you feellike you can walk all the way to Florida. Others will give up, if they think they cannotwin. If you are allowed to verbally prod another walker into attacking you, then duck and side-step their attacks, they will get violation warnings which could result in them buying a ticket.

Hint 62. Avoid getting run over by the halftrack. Do not walk in front of the half track.Do not try to climb onto the half track. Always maintain 10 feet distance from the half track.

Hint 63. If you are having trouble keeping pace and keep getting warnings, find a walker who is not getting warnings, and keep pace with them, preferably a slower walking walker, typically the walker at the back of the pack.

Hint 64. Have a motivation. Know what you want to get out of The Long Walk.

Hint. 65. Know what you want your prize to be before you begin The Long Walk.

Hint 66. Make a plan to see friends, girlfriends and family along The Long Walk. This will give you a psychological boost. But be warned, if they don't show up, it can have the opposite effect.

Hint 67. Have your friends and family register(see visitor registration) so they can get reserve seating on the front lines in crowded cities. They will receive a pass in the mail. Keep in mind, these sections are near the TV cameras and your reunions will be broadcasted internationally on State TV.

Hint 68. See map of route for sections that allow non-local spectators. Low density areas that are not cordoned off, do not require registration.

Hint 69. walk parallel to the center line in the correct direction. Angling toward the side of the road will reduce your speed measured parallel to the center line.

Hint 70. If you want to angle-off in a direction that deviates from parallel to the center line, then do at a small angle so your speed measured to the parallel line does not drop significantly.

Hint 71. Walking at a right-angle to the centerline will be measured at 0 mph The more you deviate from walking from walking parallel to the center line, the slower your speed is measured

Hint 72. If your timer reaches 0, do not try to avoid getting your ticket. It could result in a painful death if you try to duck, dodge, or run. Soldiers are trained to make painless kills. If you do not want to suffer, remain still, otherwise you risk getting your fellow walkers and spectators shot if you move around.

Hint 73. If walkers are fighting, let them fight. It's to your advantage. Encourage it.

Hint 74. Do not eat food, drink liquid or smoke anything from another walker or spectator. It could be poisoned.

Hint 75. Try to get everyone to agree at the start, to not help each other. Convince them that it's in their best interest to end The Long Walk as soon as possible. Helping each other will only extend The Long Walk and the winner will incur more damage to their body.

Hint 76. Trim your toenails or you may lose them. Be careful not to trim them too short, otherwise they could cut into your flesh.

Hint 77. If there is a stone in your shoe, stop and remove it quickly. Practice removing and putting on your shoes quickly, so you can do it under30 seconds to avoid a warning.

Hint 78. If there is a fold on your sock, stop, remove your shoe, smooth your sock. A fold in the sock will give you a blister.